

**Amendments In The Claims:**

1. (Currently Amended) A physical training device for applying resistance forces to the human body in varying modes of movement for simulating martial arts techniques, the device comprising:
  - a conformable grip configured to accept a human hand formed in a fist, the grip having a medial and lateral side;
  - a flat elongated flexible medial strap extending from the grip medial side;
  - a flat elongated flexible lateral strap extending from the grip lateral side;
  - a flexible clench strap within the grip and extending between the medial side and lateral side;
  - a top cross-strap distanced from the grip and extending between the medial strap and the lateral strap; and
  - a bottom cross-strap distanced from the grip and extending between the medial strap and the lateral strap.
2. (Original) A device according to claim 1, and further comprising:
  - a resistance device attached to the medial and lateral strap to apply resistive force to the grip.
3. (Original) A device according to claim 2, wherein:
  - the resistance device comprises at least one elastic member.
4. (Original) A device according to claim 1, and wherein:
  - the top cross-strap has a length, between the medial and lateral straps, of 2.25 inches.
5. (Original) A device according to claim 4, and wherein:
  - the bottom cross-strap has length, between the medial and lateral straps, of 8 inches.
6. (Original) A device according to claim 1, and wherein:
  - the grip has a most distal point for receiving the knuckles of a user's fist; and
  - the top cross-strap is distanced from the most distal point a dimension of 6.5 inches at the lateral strap.
7. (Original) A device according to claim 6, wherein:
  - the top cross-strap extends from the lateral strap at a 45 degree angle away from the grip and to the medial strap.
8. (Original) A device according to claim 1, wherein:
  - the medial and lateral straps each comprise woven fabric material having a width of two

inches.

9. (Original) A device according to claim 1, and wherein:

the grip has a most distal point for receiving the knuckles of a user's fist; and  
the medial and lateral straps are joined an open length of at least 24 inches from the most distal point.

10. (Currently Amended) A physical training device for applying resistance forces to the human body in varying modes of movement for simulating martial arts techniques, the device comprising:

a conformable grip configured to accept a human hand formed in a fist;  
a flat elongated flexible medial strap and a flat elongated flexible lateral strap, both extending from the grip and both having respective proximal ends;  
a flexible clench strap within the grip and extending between the medial side and lateral side;  
means of applying a resistance force to the proximal end of the straps; and  
means of applying a portion of the resistance force to the middle of a user's forearm when the user's fist is accepted in the grip.

11. (Newly Presented) A physical training device for applying resistance forces to the human body in varying modes of movement for simulating martial arts techniques, the device comprising:

a conformable grip configured to accept a human hand formed in a fist;  
an elongated flexible medial strap and an elongated flexible lateral strap extending from opposite sides of the grip;  
a clench strap within the grip and extending between the medial side and lateral side;  
a top cross-strap connecting the medial strap and the lateral strap;  
a bottom cross-strap connecting medial strap and the lateral strap;  
all the straps configured to allow a person's hand to be held within the grip while the person's associated arm is disposed between the medial strap and the lateral strap and between the cross-straps, with the medial and lateral straps adjacent the person's arm between the grip and the person's elbow.

12. (Newly Presented) A device according to Claim 11, and wherein:

the medial and lateral straps have an open length of at least 24 inches.